

UP AND active

STRUCTURED PHYSICAL ACTIVITY **12 WEEK PROGRAMME**

**Inactive and need an introduction
to physical activity?**

Included in the programme:

- Support from exercise specialists
- Tailored exercise programme

Unlimited access to:

- Gym
- Swim
- Group exercise programme



Find out more information about these sessions

please call us on:

01254 385945 ext.209

or email: activelives@hyndburnleisure.co.uk

 HYNDBURN
LEISURE

UP AND active

WEIGHT LOSS AND EXERCISE SESSIONS

Structured 12 Week Programme*

- Mentoring and support from qualified weight management and exercise specialists
- Nutritional advice on weight related topics
- Quick and easy recipes
- Weekly weigh in
- 45 minutes exercise session
- 7 day access to supervised gym sessions
- Personal programme

12 week pass to gym, swim and up and active classes

*BMI inclusion criteria applies. Can self-refer or referral via health professional.

Sessions are run at various locations across Hyndburn at different times throughout the week.

Weekly Drop-in Sessions

- Mentoring and support from qualified weight management and exercise specialists
- Nutritional advice on weight related topics
- Quick and easy recipes
- Weekly weigh in
- 45 minutes exercise session



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